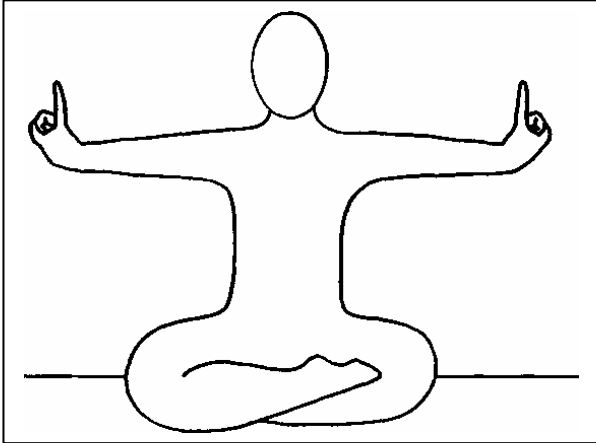


#M153 990803 Loches Conquer Inner Anger and Burn It Out



Sit in easy pose with your arms stretched out straight to the sides. There is no bend in the elbows. The Jupiter (Index) finger points upward and the thumb locks down the other fingers. The power of Jupiter, the knowledge, should be tough, stiff, and straight.

Close your eyes and concentrate on your spine. Inhale deeply through the rolled tongue (Sitali breath) and exhale through the nose. 11 Minutes.

To finish: Inhale deeply, hold the breath for 10 seconds while you stretch your arms out to the sides as far as possible, exhale. Repeat this sequence two more times.